

# Non-Comedogenic Oils

## FOR DIY SKINCARE

THE COMEDOGENIC SCALE MEASURES HOW LIKELY OILS AND BUTTERS ARE TO CLOG PORES. IN OTHER WORDS, HOW LIKELY THEY ARE TO MAKE YOU BREAK OUT!

0-Shouldn't clog pores at all | 1-Very unlikely to clog pores  
 2-Unlikely to clog pores | 3-Somewhat likely to clog pores  
 4-Likely to clog pores | 5-Very likely to clog pores

0



Argan Oil  
 Hemp Seed Oil  
 Mineral Oil  
 Petrolatum  
 Safflower Oil  
 Shea Butter  
 Sunflower Oil  
 Red Raspberry Seed Oil  
 Watermelon Seed Oil

1



Castor Oil  
 Cucumber Seed Oil  
 Emu Oil  
 Goji Berry Seed Oil  
 Grapeseed Oil  
 Guava Seed Oil  
 Hazelnut Oil  
 Neem Oil  
 Passionfruit Seed Oil  
 Pomegranate Oil  
 Prickly Pear Seed Oil  
 Rosehip Oil  
 Sea Buckthorn Oil

2



Almond Oil  
 Apricot Kernel Oil  
 Baobab Seed Oil  
 Borage Oil  
 Camphor  
 Cranberry Seed Oil  
 Jojoba Oil  
 Lanolin Oil  
 Mango Butter  
 Mango Seed Oil  
 Olive Oil  
 Peanut Oil  
 Pumpkin Seed Oil  
 Sandalwood Seed Oil  
 Sunflower Seed Oil (0-2)  
 Tallow  
 Walnut Seed Oil  
 Tocopherol (Vitamin E)

3



Avocado Oil  
 Carrot Seed Oil  
 Chia Seed Oil  
 Corn Oil  
 Cotton Seed Oil  
 Evening Primrose Oil  
 Marula Seed Oil  
 Mink Oil  
 Moringa Oil  
 Papaya Seed Oil  
 Sesame Oil  
 Shark Liver Oil

4



Cocoa Butter  
 Coconut Butter  
 Coconut Oil  
 Flax Seed Oil  
 Linseed Oil  
 Marula Oil  
 Palm Oil

5



Soybean Oil  
 Wheat Germ Oil

Remember: Everyone's skin is different! You don't have to stick to the products on this list, especially if something else works great for you.

But you can use this list to help avoid more irritation to your acne-prone skin! Or to help you understand why your DIY beauty routine is causing break outs.

